



News Release

For Immediate Release:

Friday, April 4, 2008

Media Contact:

Tania Charette

Utah Department of Health

(o) 801-538-6423 (m) 801-512-5846

Utah Kids Cook Up Healthy Recipes

UDOH Publishes Winning Creations in New Cookbook

(Salt Lake City, UT) – Hey, Mom. Do you need a fresh, new idea to get your kids to the breakfast table? You might try Sabrina Greenwood’s “Strawberry & Banana Sandwich.”

Sabrina is a 3rd grade student at Country View Elementary in Weber County. She was one of seven winners in the Utah Department of Health’s (UDOH) 6th annual Kids’ Fruits and Veggies Recipe Contest. UDOH partnered with the Utah Fruits and Veggies—More Matters® Association to sponsor the contest, which challenges grade school students to use fruits and vegetables in their own recipes.

“Our hope is that kids will discover the fun of cooking with fruits and vegetables early in their lives,” said Tania Charette of the UDOH Heart Disease and Stroke Prevention Program. “And that they will enjoy it throughout their lives to stay healthy.”

The recipes were scored on ease of preparation, creativity, taste and health benefit. The winning recipes had to contain no more than 12 readily available ingredients, be easy to prepare (in about 20 minutes), and must be the child’s original creation.

This year there were 77 entries in seven categories. The winners were:

Salad: “Super Nova,” - Chadwin Wright, 4th grade, Salem Elementary

Creative: “Fruit Frog” - John Michael Lewis, 6th grade, Valley Elementary

Dessert: “Creamy Dreamy Fruit Cup” - Kate Clifford, 2nd grade, Canyon Crest Elem.

Smoothies: “Sierra’s Smoothie” - Sierra Conrad, 2nd grade, Canyon Crest Elementary

Main Dish: “Spaghetti Squash Supper” - Drew Reilly, 6th grade, Brookwood Elementary

Breakfast: “Strawberry & Banana Sandwich” – Sabrina Greenwood, Country View Elem.

Snacks: “Vegetable Pinwheels” - Callie Peterson, 4th grade, Salem Elementary

-MORE-

Page 2 of 2 – Utah Kids Cook Up Healthy Recipes

For more information or to download a free copy of the cookbook, visit:

<http://www.hearthighway.org/pdfs/FVCookbook0708.pdf>.

MEDIA NOTE: The winners are available for interviews with state and local media.

Please call Tania Charette at 801-538-6423 to arrange an interview with a winner from your area.

#

The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.